

# **Does Animal Healing Really Work?**

## **FACT or FICTION...**

When I was growing up I was a sceptic – my mum often talked about something called energy which you can't see, but apparently I could feel it between my hands if I rubbed them together. Frankly I thought this was all a load of mumbo jumbo, but 15 years on I am a practising Animal Healer!

Over the past 8 years I have studied and completed a degree in Animal Behaviour Science and have been lecturing National Diploma and Degree students in components of animal behaviour, science and management. I consider myself an academic, but curiosity led me to explore complementary therapy and develop my skills, training as a Reiki Practitioner and Animal Healer.

My knowledge of how the body works has come from both the academic field; teaching in evolution, anatomy and physiology and genetics; but also personal experience. As I have developed my ability to work with animals using healing I have experienced a variety of responses, some quite dramatic. One black Labrador called Merlin was barely able to walk when I first met him. The vets had no explanation for the pain he was in, but after a course of healing treatments he completely recovered. I could not explain the transformation but knew there must be some reasoning behind the changes.

What I found out was to change my perception of complementary therapies. Rather than being unreliable and wrapped up in mysticism, I found evidence that healing can be explained as much by science as how you blink your eye or digest a pizza.

The first revelation was that energy is not something totally invisible. In fact quantum physics has been able to observe the qualities of particles smaller than molecules and atoms for many years. These subatomic particles can still not be fully explained; they do not conform to the standard properties that are true of larger atoms, instead they form what appear to be packets of energy that can act as waves, particles, or even both at the same time. As scientists look closer at matter they realise that everything is made up of vibrating energy at different frequencies; our human body is just a mass of vibrating particles!

Believe it or not this vibrating energy within our bodies can actually be measured. In fact, probably without realising it, you are already aware of several ways this can be done. A simple ECG (Electrocardiogram) routinely used in hospitals measures the energy or more precisely the electrical activity of your heart. Brain waves can be measured using EEG scans (Electroencephalography). MRI scans (Magnetic Resonance Imaging) manipulate the magnetic fields produced by your body to create detailed images of internal structures.

These measurements are only possible because your body is creating pulses of energy at different frequencies. If machines can prove the existence of these different energy fields in the body, the idea that a healer can also be trained to feel them doesn't seem so farfetched after all.

The second important fact that I discovered was that in a healing state the energy being emitted from the hands of a healer to a patient can also be measured. During my own healing experiences I often felt a change of heat and pressure in my hands during healing; but is that something I was creating in my mind? Apparently not...

Experiments being carried out show that healers emit a strong bio magnetic energy field from their hands at particular wave frequencies; specifically a pulsing variable frequency ranging from 0.3-30Hz with most of the activity in the range of 7-10Hz. What is interesting about this is that medical practitioners now use pulsed electromagnetic field (PEMF) therapy for patients with broken bones or fractures. This involves the use of a small battery operated device which is placed next to the site of injury for 8-10 hours per day. The PEMF device produces a magnetic field which induces currents to flow in nearby tissues effectively 'jump starting' bone repair. Recent research shows that the energy being emitted from a healer's hands is comparable to that being produced by the PEMF device and that the bio magnetic fields produced by healers has the same properties to jump start the healing of soft and hard tissue injuries.

What I found surprising during my research is that in Eastern cultures energy is not a new concept but has been around for thousands of years, used in medicine and incorporated into therapies routinely practised by doctors. In China, acupuncture uses meridian lines within the body (complex network of energy points) to balance the Qi (Chinese word for energy). In India, Yogis learn to meditate using a system called the chakras (energy centres located along the spine) to remove energy blocks causing dis-ease. It seems that our Western concept of medicine and belief in energy healing is perhaps a little blinkered?

My new knowledge of healing and particularly the science of energy have only consolidated my academic approach. For me there is no conflict between spirituality and science – there are plenty of facts to explain healing, something which at the outset looks like mumbo jumbo.

I now not only teach on traditional animal science courses, but along with my colleagues, have set up the 'Asentia College of Animal Healing'. We aim to teach people the skills to become professional animal healers with a scientific background and also to teach pet owners to be able to offer healing to their own pets.

So if you always thought healing was for the spiritually destined, think again – this stuff is real and we can prove it... Go on give it a go – you know you want to!

For more information on workshops and courses see [www.asentiaanimalhealing.co.uk](http://www.asentiaanimalhealing.co.uk)